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### Blood Glucose Log 4x/Day with Carbs, Snacks and Insulin - English

Michele Spatz

*Pacific University*, [mspatz@pacificu.edu](mailto:mspatz@pacificu.edu)

Ruth Dallas

*Virigina Garcia Memorial Healthcare Clinic*, [rdallas@vgmhc.org](mailto:rdallas@vgmhc.org)

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## Blood Glucose Log 4x/Day with Carbs, Snacks and Insulin - English

### Description

A log for a patient to record 4 times/day his/her blood glucose levels, carbohydrates and snacks consumed and their insulin amounts.

### Keywords

Diabetes, Blood Glucose Log, Blood Sugar, Patient, Carbohydrates, Snacks

### Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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# Blood Sugar levels before meals and at bedtime



Date	Before Breakfast	Snack Carbs	Before Lunch	Snack Carbs	Before Dinner	Snack Carbs	Bedtime at least 2 hours after dinner	Snack Carbs
	Blood sugar		Blood sugar		Blood sugar		Blood sugar	
	Carbs	Carbs	Carbs		Carbs		Carbs	Carbs
	Insulin		Insulin		Insulin		Insulin	
	Blood sugar		Blood sugar		Blood sugar		Blood sugar	
	Carbs	Carbs	Carbs		Carbs		Carbs	Carbs
	Insulin		Insulin		Insulin		Insulin	
	Blood sugar		Blood sugar		Blood sugar		Blood sugar	
	Carbs	Carbs	Carbs		Carbs		Carbs	Carbs
	Insulin		Insulin		Insulin		Insulin	